

# DON'T BE SUCKED IN

They're cold, cheap and tempting; but what frozen sugary drinks don't advertise is the obscene amount of sugar in them. Sugar that can cause toxic fat around your vital organs and lead to cancer, type 2 diabetes and heart disease.

Up to  
**30**  
teaspoons  
of sugar

Say No to Sugar  
<https://www.saynotosugar.ga/>